Feeding Your Child – 11

HELP YOUR CHILD GROW

What your child needs to grow well:

Lots of love and attention Enough healthy foods Enough sleep

What keeps a child from growing well?

Not feeling loved or important Sickness Not eating enough healthy foods

Ask Yourself These Questions

if your child is not growing well...

These questions might help you decide to change some of the ways you feed your child.

Does my child often eat candy, chips, cookies and soft drinks?

Is my child getting enough milk every day?

Am I giving my child a wide variety of foods?

Does my child get healthy foods for snacks?

Am I making mealtime as pleasant as possible?



To Help Your Child Grow

Here is a handy guide for you and for anyone else who is feeding your child:

Meals

Always feed your child breakfast. Sometimes children eat breakfast best.

For lunch and supper, give one or more foods from each of these food groups:

Milk, Yogurt and Cheese Group Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group Vegetable Group Fruit Group Bread, Cereal, Rice and Pasta Group

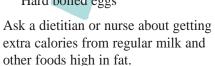
Snacks

For extra calories and protein, give foods from these groups:

Milk, Yogurt and Cheese Group Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Try:

Peanut butter on crackers
Bean burritos
Bean dip on crackers
Cheese toast
Deviled eggs
Hard boiled eggs





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